



University of Colorado
Colorado Springs



The Colorado Running Company
Mountain Lion Open
February 7-8, 2020



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#ClawsOut

MEET INFORMATION

- Site:** Mountain Lion Fieldhouse
760 North Campus Hts.
Colorado Springs, CO 80918
- Parking:** Use Lot 580 down below the fieldhouse on the west side for free parking and drop-off.
- Admission:** Friday – FREE
Saturday – \$5 (Adults), FREE (Students w/ ID & Children)
- Entries:** Only accepted through www.directathletics.com. Entries close Wednesday, February 5th at noon. For consistency, use converted times as listed on TFRRS.
- Entry Fee:** \$20 per athlete OR \$250 per team (men and women are considered separate teams). Make checks payable to UCCS Track & Field upon arrival.
- Facility:** Flat 200m Beynon surface with four lanes on the oval and an eight lane straight on the infield. There are two warm-up lanes inside the oval. Tape only for marks on the runways. Chalk and cones will not be permitted.
Men's and Women's Long Jump Board – 8'
Men's Triple Jump Board – 38'
Women's Triple Jump Board – 32''
- Team Camps:** Located in the weight room at the north corners of the fieldhouse.





- Implement Weigh-in:** All implements will be weighed in at the throwing area prior to the start of their event. Athletes need to bring implements with them when they check-in with the head official.
- Check-in:** For field events, check-in 45 minutes prior to event starting. For track events, check-in 30 minutes prior to event starting. An updated schedule and heat sheets will be emailed to teams prior to arrival with final notes.
- Clerking:** Hip numbers will be located in the northwest corner of the fieldhouse. Please check-in to this location to get hip numbers 30 minutes prior to the start of the event.
- Spikes:** 1/8" or 1/4" pyramid spikes only. No needle or compression spikes will be allowed.
- Results:** Live results will be available at www.rapidresultslive.com during the meet and will be announced throughout the day in the fieldhouse.
- Scoring:** No team scoring at this meet.
- Live Stream:** Video live stream will be available throughout the meet at portal.stretchinternet.com/uccs/
- Athletic Training:** Athletic trainers will be available during the meet to administer first-aid. The athletic training room is located in the southwest corner of the fieldhouse. Treatments available are primarily ice and bandaging. Please bring your own athletic tape and supplies.
- Questions:** Dillon Schrodtt – Head Assistant Coach – 402.601.8500 – dschrodtt@uccs.edu





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MEET SCHEDULE

*All times are approximate. If possible, track events will stay on schedule. However, field events will be rolling following the conclusion of the other gender.

FRIDAY

RUNNING EVENTS

(WOMEN THEN MEN)

4:00 pm Women 60m Hurdles Prelims
4:20 pm Men 60m Hurdles Prelims
4:40 pm Women 60m Dash Prelims
4:50 pm Men 60m Dash Prelims
5:20 pm Women 200m Dash Finals
5:40 pm Men 200m Dash Finals
6:05 pm Women 5000m Finals
6:35 pm Men 5000m Finals
7:05 pm Women DMR
7:20 pm Men DMR

FIELD EVENTS

4:00P

Men Weight Throw
Women High Jump
Men Long Jump
Women Long Jump

5:30P

Women Weight Throw
Men High Jump

SATURDAY

RUNNING EVENTS

(WOMEN THEN MEN)

11:00 am Women 60m Hurdles Finals
11:10 am Men 60m Hurdles Finals
11:25 am Women 60m Dash Finals
11:30 am Men 60m Dash Finals
11:40 am Women Mile Finals
12:00 pm Men Mile Finals
12:20 pm Women 400m Dash Finals
12:40 pm Men 400m Dash Finals
1:00 pm Women 800m Finals
1:15 pm Men 800m Finals
1:30 pm Women 3000m Finals
1:50 pm Men 3000m Finals
2:20 pm Women 4x400m Relay Finals
2:35 pm Men 4x400m Relay Finals

FIELD EVENTS

11:00A

Men Triple Jump
Women Triple Jump
Men Shot Put
Women Pole Vault

1:00P

Women Shot Put
Men Pole Vault





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MAP

